

Getting Started Psychological Engagement



Check off when completed

Self-Awareness

Self-confidence

Icon	iOS App Name	Complete
	The Magic Castle 1	
	Brave Rooney	
	I Wish I Were You	
	Esteem Aid	

Self-efficacy

Icon	iOS App Name	Complete
	Middle School Confidential	
	Student Survival Guide	

Self-Management

Impulse control

Icon	iOS App Name	Complete
	Anger Coach	
	Stop Depression and Anxiety/Relax	

Stress management

Icon	iOS App Name	Complete
	Desk Fountain	
	Take a Chill - Stressed Teens	
	Bubble Wrap	
	Stress Monitor	

Self-discipline

Icon	iOS App Name	Complete
	Calm Counter	
	Brain Upgrade Premium	

Organization

Icon	iOS App Name	Complete
	Popplet	
	EpicWin	
	To Do List	

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Decision Making




Planning & problem solving skills

Icon	iOS App Name	Complete
	SimpleMind	
	Trace	
	Priority Matrix	

Goal setting

Icon	iOS App Name	Complete
	Habits Pro Organizer	
	GoalTracker	
	My Wonderful Goals	

Progress monitoring

Icon	iOS App Name	Complete
	myHomework	
	iStudiez Pro	
	Track & Share	